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ABSTRACT OF THE DISCLOSURE

BOARD FOR GLIDING

5 A board for gliding for downhill skiing, of "shell"-
type construction, having, at least in its underfoot
zone:

- a lower gliding surface composed of a sole plate bordered by metal edges;
- 10 • a topsheet substantially parallel to the lower gliding surface, on either side of the center longitudinal plane of the board;
- lateral faces extending between the metal edges and the topsheet, said lateral faces having recesses
- 15 located below the plane of the topsheet and opening out in the latter;

wherein the base of the recesses forms a slope that is inclined longitudinally relative to the lower gliding surface and the topsheet.

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